





Men's Artistic Gymnastics, Juniors, Tirrenia EDUCATIONAL CAMP for GYMNASTS AND COACHES

(ITA), 03rd of July to 13th of July 2017

GENERAL PROGRAM



		03.July 2017	04.July 2017	05.July 2017	06.July 2017	07.July 2017							
7.00	7.15	 A R R I V A L O F D E L E G A T I O N S		Wake up		Wake up							
7.15	7.30			Physical preparation - Legs - Bent arms		Physical preparation - Legs - Straight arms							
7.30	7.45			Breakfast		Breakfast							
7.45	8.00			Introduction meeting with coaches/gymnasts (Aula 1)		Warm up RB							
8.00	8.15			Warm up RB		Joint preparation							
8.15	8.30			Free training with Expert		Free training with Expert		Warm up RB					
8.30	8.45							Joint preparation					
8.45	9.00							Handstand		Handstand			
9.00	9.15							Free time		Free time			
9.15	9.30							Lunch		Lunch			
9.30	9.45			Free time		Free time							
9.45	10.00			Lecture and practical lecture in the Gym by expert		Lecture and practical lecture in the Gym by expert		Lecture and practical lecture in the Gym by expert					
10.00	10.15									TRAMPOLIN		TRAMPOLIN	
10.15	10.30									Free time		Free time	
10.30	10.45									Free time		Free time	
10.45	11.00									Free time		Free time	
11.00	11.15			Beach or Free time		Beach or Free time		Beach or Free time					
11.15	11.30									Free time		Free time	
11.30	11.45									Free time		Free time	
11.45	12.00									Free time		Free time	
12.00	12.15									Free time		Free time	
12.15	12.30			Dinner		Dinner		Dinner					
12.30	12.45									Free time		Free time	
12.45	13.00									Free time		Free time	
13.00	13.15									Free time		Free time	
13.15	13.30									Free time		Free time	
13.30	13.45			Free time		Free time		Free time					
13.45	14.00									Free time		Free time	
14.00	14.15									Free time		Free time	
14.15	14.30									Free time		Free time	
14.30	14.45	Free time								Free time			
14.45	15.00	Free time		Free time		Free time							
15.00	15.15							Free time		Free time			
15.15	15.30							Free time		Free time			
15.30	15.45							Free time		Free time			
15.45	16.00							Free time		Free time			
16.00	16.15	Free time		Free time		Free time							
16.15	16.30							Free time		Free time			
16.30	16.45							Free time		Free time			
16.45	17.00							Free time		Free time			
17.00	17.15							Free time		Free time			
17.15	17.30	Free time		Free time		Free time							
17.30	17.45							Free time		Free time			
17.45	18.00							Free time		Free time			
18.00	18.15							Free time		Free time			
18.15	18.30							Free time		Free time			
18.30	18.45	Free time		Free time		Free time							
18.45	19.00							Free time		Free time			
19.00	19.15							Free time		Free time			
19.15	19.30							Free time		Free time			
19.30	19.45							Free time		Free time			
19.45	20.00	Free time		Free time		Free time							
20.00	20.15							Free time		Free time			
20.15	20.30							Free time		Free time			
20.30	20.45							Free time		Free time			
20.45	21.00							Free time		Free time			
21.00	21.15	Free time		Free time		Free time							
21.15	21.30							Free time		Free time			
21.30	21.45							Free time		Free time			
21.45	22.00							Free time		Free time			



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



















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GENERAL PROGRAM**



08.July 2017		09.July 2017		10.July 2017		11.July 2017		12.July 2017		13.July 2017		
7.00	7.15	Wake up		Wake up		Wake up		Wake up		 D E P A R T U R E S O F D E L E G A T I O N S		
7.15	7.30	Phisical preparation - Legs - Bent arms by Coaches		Free time		Phisical preparation - Legs - Straight arms by Coaches		Free time				
7.30	7.45											
7.45	8.00											
8.00	8.15	Breakfast		Breakfast		Breakfast		Breakfast				
8.15	8.30											
8.30	8.45											
8.45	9.00											
9.00	9.15	Free training with Expert (Questions coaches during each rotations)	Warm up RB	Free training with Expert (Questions coaches during each rotations)	Warm up RB	Free training with Expert (Questions coaches during each rotations)	Warm up RB	Free training with Expert (Questions coaches during each rotations)	Warm up RB			
9.15	9.30		Elastics		Middle body		Four station		Four station			
9.30	9.45											
9.45	10.00											
10.00	10.15											
10.15	10.30		Stretching		Stretching		Stretching		Meeting with coaches			
10.30	10.45											
10.45	11.00											
11.00	11.15	Free time		Free time		Free time		Free time				
11.15	11.30											
11.30	11.45											
11.45	12.00	Lunch		Lunch		Lunch		Lunch				
12.00	12.15											
12.15	12.30											
12.30	12.45											
12.45	13.00											
13.00	13.15											
13.15	13.30											
13.30	13.45											
13.45	14.00	Free time		Free time		Free time		Free time				
14.00	14.15											
14.15	14.30											
14.30	14.45											
14.45	15.00	Lecture and practical lecture in the Gym by expert		Lecture in the AULA for coaches by expert	Gymnasts free rest/social activity	Free training with Expert (Questions coaches during each rotations)		Free training with Expert (Questions coaches during each rotations)		Lecture in the AULA for coaches by expert	Gymnasts free rest/social activity	
15.00	15.15									Meeting with experts in the AULA	Beach or free time (coaches & gymnast)	
15.15	15.30											
15.30	15.45											
15.45	16.00											
16.00	16.15											
16.15	16.30											
16.30	16.45											
16.45	17.00	Free time		Free time		Free time		Free time				
17.00	17.15											
17.15	17.30											
17.30	17.45											
17.45	18.00											
18.00	18.15											
18.15	18.30											
18.30	18.45											
18.45	19.00											
19.00	19.15											
19.15	19.30											
19.30	19.45											
19.45	20.00											
20.00	20.15											
20.15	20.30	Dinner		Dinner		Dinner		Dinner		Banquet for gymnasts		
20.30	20.45											
20.45	21.00											
21.00	21.15											
21.15	21.30											
21.30	21.45	Free time		Free time		Free time		Free time		Banquet for Expert and Coaches		
21.45	22.00											

The staff - abbreviation

JW =Jacob Wischnia (UEG)	MV = Mario Vukoja(UEG)	DA =Dmitry Andreev(UEG)	ND =Nadia Brivo (ITA)	CP =Claudio Pasquali(ITA)
DL =Diego Lazarich (ITA)	AP =Andrei Popov (GBR)	YB =Yury Barinov (RUS)	IK =Igor Kriajimskii (CRO)	RH =Robert Hirsch(GER)
VB =Valeri Belenki(GER)	LM =Laurent Maertens (FRA)	RB =Rossana Bonzi (ITA)		

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13	ROBERT HIRSCH (GER)	Video		
14	Dr. LOSCHIAVO PIERRO (ITA)	Medical assistance		